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## Farm and Home Week

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# Farm and Home Week

Nellie Goethe

## Rating Farm and Home Week

"Farm and Home Week gave us new ideas and ideals toward which to work," said one of the home demonstration agents who attended the short course. "No matter what a person is doing, he needs a new thought now and then."

"To enjoy our work we must have lasting enthusiasm—like an ever-burning fire, not just a flame," she added. "To have this continuous burning enthusiasm, we must have fuel, and the talks and discussions furnished this. The program was very worthwhile—it gave us all a vision of what is in the distance for us, and it will aid in developing leadership among our people," she concluded.

Another demonstration agent made the remark, "I had planned upon going home Thursday evening, but the program has been so interesting that it is too good to leave."

Still another one commented, "Farm and Home Week is just like another year at college because we are getting the cream of information from the best talent."

"If I could have heard only the lectures on this forenoon's program I should have considered it worthwhile coming to Ames for Farm and Home Week," said an Iowa farm woman in speaking of the Wednesday forenoon program. She had never attended the short course before, "although," she declared, "I shall never miss it again if I can help it."

In talking with one of the county chairmen one afternoon she remarked, "I have also attended the Minnesota Farm and Home Week at St. Paul, but the attendance was not nearly so large there. That surely shows what a fine unity there is among the farm bureaus of the different counties in Iowa, and how much the rural people appreciate these fine programs."

"The program was inspiring," enthusiastically declared one of the local leaders who attended the short course. "We had the pleasure of meeting new people and the thrill of renewing old friendships with those engaged in similar work as our own."

## Rural Library Demonstration

"Iowa is out of the mud as far as roads are concerned, but still in the mud as far as rural libraries are concerned," said Miss Callie Mae Wieder, city librarian of Waterloo. "As yet there is no fully developed county library in Iowa, although there is evidence that the people want it," she added.

West Branch, a small town of about 400, has a library whose patrons are mostly farmers or retired farmers, and, according to Miss Wieder, it has a circulation of 25 books per person each year.

Beginning Sept. 1, 1930, and continuing until Sept. 1, 1931, a county demonstration of rural libraries will be

## TWENTY-NINTH FARM AND HOME WEEK

Two thousand six hundred and forty-two farmers and homemakers enrolled, or 1,914 men and 728 women.

Ninety-six of the 99 counties of Iowa were represented.

People from two foreign countries registered, namely, Canada and South America.

Thirteen other states besides Iowa were represented, namely, Illinois, Missouri, South Dakota, Minnesota, Nebraska, Kansas, Wisconsin, West Virginia, Virginia, Georgia, New York, New Hampshire and Texas.

Story County led with the largest enrollment, 433; Polk County was second with 270, and Boone County third with 186.

Total registration for 1930 increased exactly 400 over the registration for 1927, and increased 692 over the 1928 enrollment.

staged in Black Hawk County. Books will be circulated from the Waterloo library out to the surrounding districts, where they will be accessible to the farm people. "If this is a success," she stated, "it is likely that other counties may also have rural libraries established."

She advocated two plays which organizations might use to arouse interest in rural libraries. They were "Bringing Up Nine" and "Why Not?"

## Adult Education

"Don't escape thought," advocated Dr. Caroline Hedger, of the Elizabeth McCormick Memorial Hospital, Chicago, Ill., "but build up your ability to meet the problems that come to you."

"We have to take responsibility and don't want to," she charged, "so we go to the dances and to the movies to escape thought."

"A good life is one that gives you sat-

isfaction," said Dr. Hedger. "I don't care of what religion you are. All that I ask is that you be good of the kind you are."

She believes the flood of indecent reading material now being published and our infantile reaction to the eighteenth amendment to be symptoms of the need for adult education.

"One reason to work for adult education is to better our use of leisure time," she pointed out. She advocated reading worthwhile things and in this connection recommended Jean's book on modern science entitled, "The Universe About Us."

"Adult education depends on your interest. If you really want to know a thing and dig after it, you usually get it," declared Dr. Hedger. "And most of us have a lot more ability to learn than we use."

## Dangers and Care of Milk

"Milk is the source of more diseases than any other food that the human family uses, because more of it is used than any other food," declared Dr. D. C. Steelsmith, of the Iowa State Board of Health.

"You show me dirty milk that hasn't been produced under cleanly conditions and I'll show you a dangerous milk," he said. Tuberculosis, typhoid, whooping cough, diphtheria, dysentery and septic sore throat are the diseases spread by milk, according to Dr. Steelsmith.

"No other food exists that is nearer a whole food than milk, and for this reason it is the most dangerous," he pointed out. "It is not only a whole food for us, but also for our most dreaded enemies, the disease germs."

He enumerated the following seven precautions which are necessary in order to produce clean, sanitary milk: (1) Cows must be free from disease; (2) All workers must be free from disease, that also including the housewife, who cleans the milk utensils; (3) Milk should be cooled at once so the dangerous disease germs cannot multiply as rapidly; (4) Utensils must be clean; (5) There should be inspection of barns and also dairies where milk is handled; (6) Pasteurization is necessary; and (7) Care should be made of the milk in the housewife's hands. She should wipe the lips of the bottle before pouring the milk out, for germs are likely to have accumulated there since it left the dairy.

He likewise emphasized that the milk

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## Farm and Home Week

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bottle was to be used for sanitary purposes, and that the proper method of washing it was first to use cool water and then sterilize it with scalding water. "Above all," he declared, "do not use scalding water first, for you will sear the milky contents to the sides of the bottle."

## "What the Community Owes the Child"

"Our first debt to the child is the right to be well born," according to Dr. Caroline Hedger, of the Elizabeth McCormick Memorial Hospital, Chicago, speaking on "What the Community Owes the Child." "And we must in some way get rid of the feeble-minded."

Second, we owe the child a program of complete citizenship. He must be able to support himself; he must be prepared to run the government, and do a better job of it than we have; he must be fit to be a parent; and he must have room to run his own soul.

The child must also have a well-studied development toward beauty and health. We must build a child that will last. This development cannot be made by one person; it is, rather, a partnership affair, the business of the parent and the school. And it must be a partnership. The parents' part is to put the child in school fit to learn—with a healthy body; to see that the child has his breakfast every morning; to put the child to bed at a time agreed upon away from the child; to be careful not to demand too much in the way of culture—music, dancing and elocution are permissible only when the child has the "stuff" to stand it.

The school has two standards by which it might measure. First is the negative standard; the child must not come out less good than he entered. Children with colds should be kept out of school; the seats must fit the backs of the children; the school must not waste the child with athletics; the child should have a complete medical examination, must have nutrition plus, and normal urine before he takes part in competition teams. The positive standard consists of: first, the school must educate; second, it must study and know the individual child; and third, there must be a program fitting the child.

"The adolescent girl is a new individual, and should be treated as such," Dr. Hedger stated in her talk on "The Health of the Adolescent Girl." She needs much rest because she is growing fast, which is hard work and takes her vitality. Her lassitude is due rather to fatigue than to laziness. Dr. Hedger said that she has yet to see a lazy adolescent.

Her nutrition should be good because it is the basis of growth. She needs plenty of fresh air, water, sunshine, sleep, food, activity, shelter and happiness. The measure of nutrition is weight and measure, and the quality of the upper arm.

Menstruation should be rhythmic and

Parents must rescue marriage by showing their children that the family is worth saving, and by giving the adolescent the concept of her own family.

Dr. Hedger ended by saying that we must stop the exploitation of children by church shows, P. T. A. entertainments, by the movies. It wastes the children when they should be asleep. Children are not playthings, and we've no right to make Roman holidays of them.

## Cookery Isn't a Chore

"Do not consider cookery as a chore, but rather as a pleasure, because it is one of the most fascinating jobs I know," said Mr. Carl Schiller, instructing chef on the Pennsylvania Railroad.

"It is a tribute to man's genius that there is such a thing as a dining car," he declared, "because for many years we were without this convenient service."

According to Chef Schiller, there are now about 300 to 400 hotels under construction in the United States, with a corresponding number of openings for cooks with a salary of from \$175 to \$300 per month. "We must rely on our own young men and women to fill these places," he said.

He brought out the fact that cookery is one of the most ancient of arts, and that the discovery of fire was necessary to cookery.

Chef Schiller classified vegetables into two groups, those that grow above the ground and those that grow below ground, and gave these rules for cooking: Those

that grow below ground should be started to cook in cold salted water with the lid on the pan throughout the cooking process; those that grow above ground should be started in boiling water without the lid on the pan.

"There is a lack of appreciation in our minds toward eating," said Mr. Schiller.

"We don't take enough time to eat, and we do need a new national consciousness toward eating," he declared.

The following recipes were given by Mr. Schiller as favorite ones of the Pennsylvania Railroad.

## ROLL SANDWICH

Take a small loaf of fresh bread and cut it lengthwise into slices. Remove crusts. Mix 3 or 4 finely chopped ripe olives with mayonnaise dressing and spread on each slice of bread. Add some

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Carl Schiller, instructing chef on the Pennsylvania Railroad.

is a sign of good health and good nutrition. Her hygiene should include both physical and mental; she should have a healthy attitude toward this natural function, and should not think of herself as being "sick" when she menstruates.

There should be attention paid to her physical, mental and social development. She should mix with different kinds of people and with the opposite sex to get ready for the civic group. "The child is an individual; he's new. Don't try to work out his life through yours."

Extremely important is the mental weaning. The age varies, but the parent must recognize the symptoms when they come. Your daughter must be a new individual to take your place; and she must be of better "stuff." Every year new responsibilities must be added; nothing emerges in adolescence except that which has previously been built in.